

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

SALMON AND POTATO CAKES

Fish cakes are not limited to codfish balls, although these may be very delicious and among the less expensive foods on our market list. Canned salmon makes excellent fish cakes, and it has the advantage over any kind of salted and dried fish, that no soaking period is required. You simply make some mashed potatoes and add flaked canned salmon, mold into flat cakes, and brown on both sides in a small amount of fat. As the fish must be broken up or flaked, one of the lower priced grades of canned salmon will do very well. You know there are five quality grades of canned salmon -- Chinook, Red, Medium Red, Pink, and Chum. You would want one of the higher grades for salmon steak or salad, but you can use Pink or Chum salmon for fish cakes, salmon loaf, salmon croquettes, and similar mixtures.

We have recently learned that salmon is one of the good sources of vitamin D, so it is an excellent food to serve frequently to the children, says the Bureau of Home Economics, which furnishes the recipe below.

Salmon and Potato Cakes

1 pound of canned salmon
1 quart of seasoned mashed potatoes
Fat for frying

Remove the skin and bones from the salmon and flake into very small pieces. To the hot seasoned potatoes add the salmon, a little pepper and more salt if needed. Beat until well blended and light. When cold make into cakes. Brown the cakes on both sides in the fat. Serve at once.

----- M -----

